

Daily Word



A UNITY PUBLICATION
OCTOBER 1955

Class Thoughts

PEACE . . . Let liberty, justice, righteousness, and peace be established throughout the world, in the name of the Lord Jesus Christ.

PRAYER FOR WORLD LEADERS: Through the Christ Mind you are unified in thought, purpose, and understanding, and inspired to right action for the good of all mankind.

•

ILLUMINATION (11 a.m.): Infinite intelligence illumines and inspires me with thoughts of wisdom, peace, and righteousness.

•

PROSPERITY (12 noon): Showers of abundance are poured out upon me, and prosperity is everywhere manifest. Every good thing is mine now.

•

HEALING (9 p.m.): The Holy Spirit active in me is my strength and stability, and my health is established forever. I stand upright before the Lord.

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DAILY WORD

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No. 4

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More than Thought

ERNEST C. WILSON

WE ARE in a body, we are in a physical world, there must be a reason for it. There is a reason for our being here, there are things for us to learn, things for us to teach, steps of growth to be made. It is good for us to have grown away from the bondage of past beliefs and superstitions and the mistaken concept that we are primarily physical beings, with possibly a little spiritual nature. The tendency of all of us is like the tendency of a pendulum to swing from one extreme to the other. The truth lies in between the extremes.

It is widely taught that our mind can heal us, that mind is all, that as a man "thinketh . . . so is he." This is true, but it is not all of the truth, and you cannot live on this plane of being alone, any more than you can live by a material concept of life alone. To say that all is mind is all right if you include the whole mind.

There is the subconscious, or subliminal, or unconscious mind, the conscious mind, the super-conscious mind, and the all-inclusive, universal mind, or Spirit. Even this analysis does not say anything about the "too, too solid flesh," nor about

God with His infinite possibilities in you as a four-fold being: body, mind, soul, and spirit. Spirit is uppermost and all inclusive. It includes all these.

Some persons have tried to get rid of their problems by saying there are no problems: assuming that if you just say it loud enough and hard enough and persistently enough they will go away, like the bug-a-boos of our childhood. Well, this only works under certain defined conditions. It is not all-inclusive, it does not always work this way. We all know that you do not change bad news by cutting the telephone wires. You cannot work out a problem merely by ignoring it. Oftentimes it helps to ignore it a little; that is, not to give it too much power, but do not pretend that it does not exist. It could exist for you, to your consciousness. Then there is something you must do about it. It may not be real to anybody else, but if it is to you then it is something for you to consider, to pray about, to think about, to find an adjustment to.

Thinking by itself is not enough. If you want an electric light switch turned on, it is good to think about it, of course, but then you have to do something, do you not? You can think about God as your infinite supply, but you could sit and think about it for a very long while and nothing might

happen. You could not rely on anything happening unless you did something about it too.

Nevertheless, when you send out a thought into the world you sometimes find that it brings answers even without any apparent overt action on your part. How do you explain this? What happens is that when the thought captures your imagination, then it comes alive. Feeling is the secret. It has many fulfillments, but most of them come about by easily observable, explainable, logical ways. They are even disarming and deceiving, so simple, natural, and logical that you would never think of them.

Is it not peculiar that when we pray to God, when we use the powers of thought and feeling that God has given us, we think that His answer has to come in some very mysterious, hidden, magical sort of way?

The powers in you often produce a result that is so simple, so prompt, so wonderful that it amazes you. You may miss it for quite a while, if not entirely, because you expect it to come in a different way.

God is unlimited, His power is illimitable, and His power in you is wonderful and mighty, but it is not for you to use as an independent agent. It is used in co-operation with Him.

Have you heard about the man who had been

to a very expensive Truth teacher? He knew the teacher must be good because he had paid three hundred dollars for the course. When his family tried to pin him down as to what he had learned, he would hedge and say, "Well, it was wonderful," and so on, but they kept at him until finally he burst out with, "Well, they taught me that God and I are one, and He is the one!"

This is true. He is the "head man." Do not try to be God. Especially do not try to be God in other persons' lives. If you are going to try it anywhere do it in your own life, but do not even do it there, for it is the great deception. You are not God, I am not God.

Be humble in the sight of God. God has put in you great powers, this is true. The power of thought is wonderful, but it is not enough. It must be dedicated thought; it must be logical and true.

Thought establishes patterns. You can change your life by changing the character of your thought, not because thought will do it alone but because if you think anything long enough, deeply enough, sincerely enough, and honestly enough you will tend to carry thought over into some form of expression, feeling, speech, action.

There are rare occasions when it seems as if just thinking a thing brings about a result. Oftentimes you have just picked up a thought that is in

the atmosphere and which is just about ready to burst forth into expression, so you think, "I did it, my thought did it." Actually you may not have been thinking very much, but you had your "antenna" up and were receptive at the time, so you more or less tuned in on thought atmosphere. This is not too unusual. It happens almost every day to almost everybody.

God does not want us to be merely instruments of receptivity. God wants us to know His power in us and to be self-reliant in the sense that we rely on His Spirit within us. While any faith is good, a knowing faith is better than a blind faith, just as it is better to play by note than by ear, just as it is better to walk by sight than to grope in a dim light or in the dark. It is good to make an effort, even if it seems like an incomplete effort, but it is better when it can be an effort guided from on high.

You have hidden resources in your life beyond the bodily physical ones, resources of the subconscious (which, as I see it, is the feeling, emotional nature.) You have a conscious thinking intellect. These are not separate minds; they are different phases of one. Another phase is what we call the superconscious, which is the spiritual aspect of mind which reaches beyond our own individual realm of being, of conscious and sub-

conscious mind and body, into the universal.

It is possible for you to enlarge your understanding by drawing upon the resources of the subconscious. You bring into this world a great store of knowledge and wisdom that is the result of past experiences, and you also bring the potential of access to the universal spiritual heart.

"Which of you by taking thought can add one cubit unto his stature?" Not by thought alone. But thought carried out into processes, into acts, into performances, into a pattern of action can do wonders!

Thought does its best when at the other extreme of the action is the heart. I do not mean the organ that pumps blood; I mean your soul, your feeling nature. Feeling is closer to the center of Being, closer to the heart of God, than conscious thought is. Neither one without the other is complete. Some persons are all feeling without very much mind (at least not in expression) and others go to the other extreme. They are coldly, logically intellectual; and between the two I think I would rather have one that is all heart, if there had to be a choice. But either extreme is out of balance.

There is a slogan: "A soft heart, a sane mind, a sound body," which is a fine definition of good balance. A triangle is the strongest form of

geometry, and the triangle of your personal life is that of heart, mind, and body. The writer of The Proverbs did not say only "as a man thinketh . . . so *is* he," but "as a man thinketh in his heart so *is* he." Persons of great heart can meet and overcome things that persons of great intellect can never do. Out of the heart proceed the issues of life.

"He who walks in love may wander far,
Yet God shall bring him where the blessed are."

AN INVITATION FROM SILENT UNITY

Have you ever needed help greatly but did not know where to turn? We extend to you a most loving invitation to call on Silent Unity.

For the past sixty years Silent Unity has been praying and working with people from every walk of life.

We do not believe that anything is impossible or incurable. We keep faith with all who call upon us, for we believe in the power of God and in the power of prayer, and we know that God never fails.

If you need us, feel free to call upon us at any time. We may be reached day or night by telegraph, WUX, Kansas City, Missouri, or telephone at BAaltimore 4720, Kansas City, Missouri, or by letter at Silent Unity, Lee's Summit, Missouri.



The following are excerpts from letters written to DAILY WORD. We in Silent Unity wish to thank all of you, our readers, for the letters you write us, for your words of blessing and appreciation. We wish to thank you, too, for the way in which you live with and use DAILY WORD and for the ways in which you pass it and the Unity teaching along to others. We feel a sense of oneness with you, and we rejoice that the circle of our friends is growing larger day by day.

From Chicago:

DAILY WORD has taught me how to control my temper. I used to go into a rage, and my friends weren't spared. When it was over, I was so embarrassed, and, of course, lost my friends—all but one, who, I am glad to say, is still a real, true friend. She never said a word, but just wrote to Silent Unity. Then she sent me DAILY WORD. I must say that it seemed that every word in the

lessons was for me. I thank God for DAILY WORD and a real, true friend.

From Canada:

This morning the idea came urgently into my mind to tell you about the influence of DAILY WORD on a very troubled and unhappy woman.

I met her briefly and very superficially less than three years ago in a small rural community where I visited. At that time, she was in a desperate emotional state of worry over the health of her husband and herself and their financial outlook. Because of her imaginative and critical interpretations of life among her neighbors, she and her husband lived in virtual isolation.

When I returned home, I sent her an anonymous subscription for DAILY WORD and forgot about it. Some weeks ago as I was preparing to leave the States to visit here, I ran into a neighbor of this woman's. In the course of giving me news of the community, he described the really remarkable change in her emotional, physical, and financial condition. Unaware that I knew anything about Unity or DAILY WORD, he explained that her transformation during the past two years stems from her new and deep interest in a Unity magazine, which she not only reads faithfully herself but distributes among her neighbors.

OCTOBER 1

Saturday

GOD'S WISDOM ILLUMINES MY MIND WITH RICH IDEAS, AND MY LIFE IS WELL ORDERED, HAPPY, AND SUCCESSFUL.

THE wisdom of God dwells in and through us. When we recognize it and put it to use, our good appears.

We overcome negation, unhappiness, lack, in-harmony, or any other difficulty by rising above it, by lifting our thinking to a higher level, by using our strength to achieve greater goals.

When we take our attention from those things we do not want and concentrate on the good we desire to see brought forth in our lives and in the lives of others, we experience an inner feeling of hope, of peace, of calm. We free our minds from worry and are receptive to the wisdom of Spirit guiding us into the path of our highest good.

We have no time for regret, anguish, or condemnation. We keep always in mind the truth that within us is a supreme wisdom that is capable of leading us to any worthy achievement. God's wisdom illumines our minds with rich ideas, and our lives are well ordered, happy, and successful.

✿ *He that keepeth understanding shall find good.*
—PROV. 19:8.

Sunday

OCTOBER 2

I LET GO MY TENSE HOLD ON PERSONS AND THINGS AND SURRENDER MYSELF AND MY WORLD TO GOD.

THIS day I relax my tense hold on life. I relax my tense hold on my dear ones and I realize that they belong to God, that He is capable of guiding their lives. I relax my tense hold on my home and let His abiding love harmonize its activities.

I relax my tense hold on my finances. I realize that God is the inexhaustible source of my supply, that His love will never let me be in want. In this realization I spend money with wisdom and with no fear.

I relax my tense hold on my plans for the future and I know that the "heart of the Father" is planning my way.

I relax my tense hold on the hurts and unforgiving thoughts that I have been holding. I release them into God's all-dissolving love, and I am free.

I relax my tense hold on wordly possessions, realizing that, in truth, nothing belongs to me; I am only the steward of God's bounty.

☛ *Loose him, and let him go.*—JOHN 11:44.

OCTOBER 3

Monday

I AM "AT HOME WITH THE LORD."

AWAY to bless our homes with peace, love, order, light, and joy is to remind ourselves continually that we are "at home with the Lord."

When we are "at home with the Lord" in our thoughts we have no quarrel with anyone; we are not critical or faultfinding. We know that God loves us, that we live in Him, and we see His presence in other persons also. The more closely we live with God, the more happily we are able to live and to work with others.

There is no empty feeling in our hearts when we know that we are "at home with the Lord." Whether we are alone or surrounded with dear ones, our joy is sustained, our happiness is constant. We see God wherever we are, we see evidence of His love and care wherever we look, we see His goodness stamped on everything. We see His presence shining forth through everyone.

We make wherever we are a holy place by recognizing ourselves as God's children, by recognizing our hearts as His home.

✿ *Be at home with the Lord.*—II COR. 5:8.

Tuesday

OCTOBER 4

THROUGH THE CHRIST IN ME MY LIFE IS
HAPPY AND PRODUCTIVE.

I HAVE faith that through the Christ in me I can be freed from every thought and feeling that keeps me from living joyously, happily, and productively.

I will not allow past experiences to stand in the way of my happy adjustment to life and responsibility. The Christ in me is victorious over every circumstance.

Through the Christ in me I am free. I need not be bound by past experiences or limiting conditions. Through the Christ I have mastery in my thought world and in my feeling nature. I need have no attitudes or reactions that keep me from entering into life fully and constructively.

I yield myself daily to God in prayer. Through prayer I become aware of the Christ. Through prayer I experience the peace of Christ. I find release from fear. I become aware of my inner powers for accomplishment. Through the Christ in me I contribute to life in a fulfilling way and, in return, I receive from life happiness and satisfaction.

✿ *Christ in you, the hope of glory.*—COL. 1:27.

OCTOBER 5

Wednesday

MY BODY IS GOD'S HOLY TEMPLE.

I HAVE been created out of the infinite life and love of God. My body is a "building from God," His holy temple.

What God creates is perfect, for God is perfection. I bless my body in this realization. I give thanks for the perfect life of God in me, I give thanks that this life is now expressing itself in every part of my body.

What God creates is eternal. I give thanks that the life out of which I was created is eternal; I give thanks that I dwell in eternal life, now and forevermore.

What God creates is without blemish or flaw. I meditate on the perfect idea of life that exists at the heart of me; in the silence of prayer I feel the perfect life of God flowing through me, cleansing, purifying, healing, restoring, and renewing me in every part.

I rest in the realization that a healing work is going on continually within me, for God's Spirit flows through me. My body is His holy temple. I can trust Him to perfect His creation.

♣ *We have a building from God, a house not made with hands.*—II COR. 5:1.

Thursday

OCTOBER 6

I LISTEN FOR THE WORD OF GOD AND SEEK TO DO HIS WILL. MY FAITH GROWS MIGHTILY.

TODAY I put God first in my life. I am open and receptive to His guidance—as I pray, as I do my daily work, as I rest. Always, I am listening.

As I learn to hear His word, so do I practice acting on His guidance. I do not hesitate. I do His bidding, not doubting or wondering what other persons will say. I step out fearlessly on the word of God.

As I do these things, making them the basic habits of my life, I rejoice to find my faith in God strengthened beyond measure. I find my faith equal to every problem that faces me, no matter how serious it may appear to be.

Faith becomes the touchstone of my life. It fills my days with joy, with love, with wisdom; for as my faith grows, I become ever more conscious that God is expressing His life through me. I become more active in doing His will, and I am greatly blessed.

✿ *So then faith cometh by hearing, and hearing by the word of God.—ROM. 10:17 (A.V.).*

OCTOBER 7

Friday

I ACHIEVE CONTENTMENT AS I KEEP MY EYES
FOCUSED ON THE GOOD IN MY LIFE.

I AM free from the habit of discontent. This day I see my surroundings with new eyes and find in them blessings heretofore unobserved by me. I give up looking at the lives of others with wistful, envious eyes. If I am dissatisfied with my life, I cheerfully, thoughtfully, and prayerfully seek the path that will lead me to greater blessings. Meanwhile, I make a project of enumerating the good things around me and of giving thanks for them. I recall the hymn "Count Your Blessings," and I do so, naming them "one by one." I practice contentment as I keep my attention on the good in my life. I watch my words so that complaining is no part of my conversation. I rejoice, recalling the blessings that have come to me, giving thanks for them, and knowing that even now God is working to bring greater blessings to me.

As I continue to think and to live positively, I am increasingly aware of the Father's presence, and I am content.

✻ *For I have learned, in whatsoever state I am, therein to be content.*—PHIL. 4:11.

Saturday

OCTOBER 8

I AM IMPORTANT TO GOD AND TO HIS
WORLD.

IT IS sometimes necessary to adjust our way of thinking or living in order to meet some change of circumstance in our lives.

For instance, we may have come to the place where retirement from some particular job seems to be in order. Retirement may be our wish, or it may be compulsory because of business policies. In any event, such a step demands faith on our part and level thinking. We need to look at retirement as a step in our progress—not as an end to active, productive living. This is our opportunity to prove our faith in God as our source of supply, as our security; this is our opportunity to prove our faith in our own powers, and in our ability to find new avenues of expression.

Whatever may be your particular need today, give thanks right now for the Spirit in you that is your unending, unfailing source of life, substance, and joy. Whether you are beginning a new job or retiring from one, you are a wonderful and useful part of life, you are important to God and to His world.

✿ *Ye did not choose me, but I chose you.*—JOHN 15:16.

OCTOBER 9

Sunday

I KNOW NO STRANGERS OR STRANGE PLACES,
FOR ALL MEN ARE MY BROTHERS. WHEREVER
I AM, GOD IS.

THERE are no strangers or strange places, for the Christ in me beholds the Christ in all other persons and places. Wherever I am, God is. I have no feelings of loneliness or nostalgia, though I may be far from home and among persons I have never seen before. At all times, I am in my right place.

There are reasons, perhaps unknown to me, for my being in my present place. These reasons stem from the fact that I am a channel for God's good. Good flows through me to others, and it flows to me through them. Perhaps I am in my present place to teach others; perhaps to learn from them. In any case, I attune my ear to the "still small voice" within, so that I may be an open channel for good. In so doing, I discover that all men are my brothers and that good may be found wherever I am.

All men are my brothers. Wherever I am, God is.

✿ *Ye are no more strangers and sojourners, but ye are fellow-citizens with the saints, and of the household of God.—EPH. 2:19.*

Monday

OCTOBER 10

I RECOGNIZE THAT ALL MY BLESSINGS COME FROM GOD. I GIVE THANKS FOR EACH AND EVERY ONE.

TODAY I realize anew that all good comes from God and is of God. I develop an increasing awareness of God's gifts in my own life. I give conscious thanks for the good already made manifest and for the unseen good already prepared for me.

I see God in the beauties of nature today and give thanks. The sun, the wind and clouds; the good, rich earth; the vivid autumn coloring; the trees, stretching tall against the October sky—how wonderful is God's world!

I see God in industrial development, in household mechanical helps, in the mediums of radio and television, in transportation. I give thanks for these.

I see God in the gifts of the spirit, in love and wisdom, in joy and faith, in laughter and song. For these I give thanks.

All blessings come from God. Who can count their number!

✱ *Every good gift and every perfect gift is from above, coming down from the Father of lights.*—JAMES 1:17.

OCTOBER 11

Tuesday

I DO NOT BIND OR HAMPER OTHERS, AND I AM FREE TO FOLLOW THE CHRIST WAY.

WHEN Peter asked Jesus to tell him what John's work would be, Jesus answered Peter by saying, "What *is that* to thee? follow thou me."

Often we are too concerned about the other person and what he is doing, when our attention should be on our own path before us. If each of us were sufficiently busy with our own tasks, which God has given us, we would have no time to be watching what our neighbor does.

It is not our personal responsibility to see that others do what we think they should do, but it is our responsibility to be sure that we are doing what the Christ within us wants us to do. Let us free others and let them follow the paths that their own indwelling Christ reveals to them.

We are inseparably connected with all mankind, and our attitudes toward other persons have a decided effect on us. Therefore, if we do not wish to be bound or hampered in our progress, we must not bind and hamper others in theirs.

✿ *Let none of you suffer . . . as a busybody in other men's matters.*—I PET. 4:15 (A.V.).

Wednesday

OCTOBER 12

I HAVE FAITH IN GOD'S HEALING, LOVING CARE.

WHEN WE in Silent Unity pray for healing for those whose needs are brought to our attention, we give thanks that the persons for whom we pray not only are quickened with the life and power of God, but that whatever they need in the way of comfort, help, or expert care is given them.

Today we ask you to join us in praying for healing. If you are in need of healing, include yourself in the healing thought; if you have a dear one in need of healing, include him in the healing thought. Also let your love and prayers reach out to include all the unseen and unknown friends who are looking to Silent Unity for help today, who may be reading this lesson at this very moment.

As you join us in giving your special thought and blessing today to those who need healing, a great prayer of faith will go forth, a great surge of spiritual power will be felt, and miracles of healing will be wrought.

✿ *The prayer of faith shall save him that is sick, and the Lord shall raise him up.*—JAMES 5:15.

OCTOBER 13

Thursday

I ACKNOWLEDGE GOD'S PRESENCE IN MY LIFE
AS A LIVING, DYNAMIC FORCE FOR GOOD.

I BEGIN this new day with the joyous realization that God's goodness and love infold me. Regardless of yesterday's disappointments and heartaches, I let go of all thoughts of unhappiness or regret and center my mind on God.

Through the Father I receive those blessings necessary to make my life successful.

I know that the Father's will for me is that which is good and beautiful. I look steadily to Him for guidance, knowing that He will help me regardless of any difficulty that may arise. I have no time for regret, resignation, anguish, or condemnation. There is only one path to take, the path that leads to my highest good.

Regardless of time, place, or circumstance, I am never alone; I am never without love or understanding. A word of prayer, either silently or audibly expressed, immediately brings me into the realization of the Father's presence. I acknowledge His presence as a living, dynamic force in my life. I have new faith in myself as a beloved child of God, and good flows to me from every direction.

☛ *He shall guide you into all the truth.*—JOHN 16:13.

Life



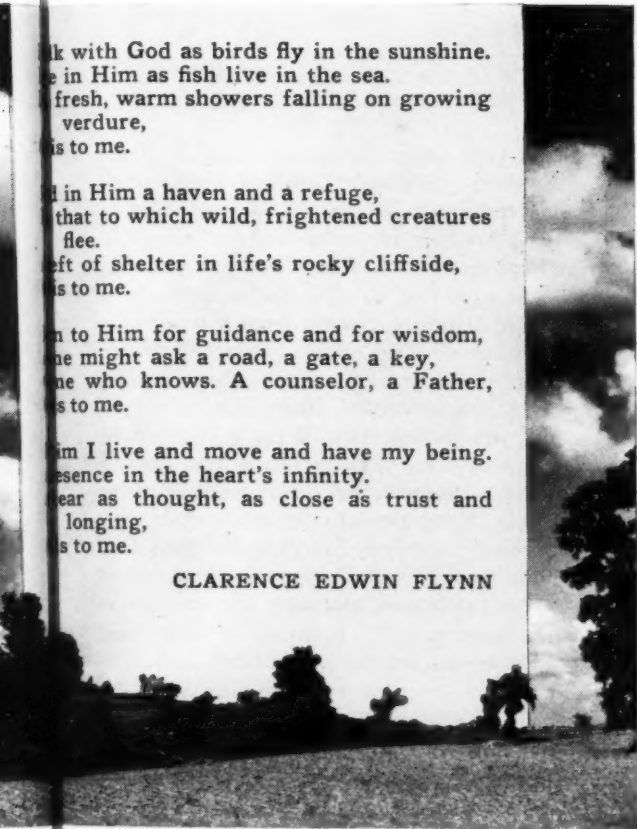
Walk with God as birds fly in the sunshine.
Be in Him as fish live in the sea.
Fresh, warm showers falling on growing
verdure,
This is to me.

Find in Him a haven and a refuge,
That to which wild, frightened creatures
flee.
Left of shelter in life's rocky cliffside,
This is to me.

Turn to Him for guidance and for wisdom,
He might ask a road, a gate, a key,
He who knows. A counselor, a Father,
This is to me.

In Him I live and move and have my being.
His presence in the heart's infinity.
Near as thought, as close as trust and
longing,
This is to me.

CLARENCE EDWIN FLYNN



Friday

OCTOBER 14

I AM A CHILD OF GOD, AND I LIVE IN PEACE
WITH THOSE AROUND ME.

IF YOU are experiencing difficulty in living peacefully with your family, friends, or co-workers, you have the power to change inharmony into order, harmony, and peace.

You have this power from God, and you may exercise it according to your faith, desire, and perseverance. The first place to establish harmony is within yourself. No matter what others may say or do, or how inharmonious they become, your love-filled, joy-filled, faith-filled thoughts will keep you harmonious. With a built-up reserve of peace-filled thoughts you have an advantage over disagreeable conditions appearing around you. Your peaceful consciousness gives you command over your thoughts, emotions, and words, and you are able to handle in a loving manner any unpleasant situation that may arise.

When, through daily communion with God, you keep your mind filled with peaceful and loving thoughts, you will not find it difficult to live in harmony with others.

✿ *Thou wilt keep him in perfect peace, whose mind is stayed on thee.—ISA. 26:3.*

OCTOBER 13

Saturday

I AM UPLIFTED, FOR I KNOW THAT THE DIVINE COMFORTER IS EVER WITH ME AND WITHIN ME.

JESUS understood how lonely and confused His disciples would feel when He was gone from them, when they must rely on their own resources. He said to them, "I will not leave you comfortless: I will come to you."

This assurance was not for that moment only; neither was it for the disciples only. It is an assurance that comes to all of us from the indwelling Christ, that comes to us from the heart of life itself. It is an assurance meant for all hearts through all time, for hearts lonely and confused because they do not understand life, because they do not know where to turn for guidance.

If your heart needs comfort, if it needs assurance, take unto yourself Jesus' promise. Turn in expectation to the Comforter within you. You will find that in turning to Him your heart will be uplifted. You will know that you have not been left comfortless, that the divine Comforter is present, bringing you light and understanding.

✱ *I will not leave you comfortless: I will come to you.*
—JOHN 14:18 (A.V.).

Sunday

OCTOBER 16

TODAY I LIVE AND GROW IN GOD.

I LIVE in God. I grow in God. I am rooted in God. I am as a tree planted in the life-giving soil of God. Everything I need to nourish and to sustain me I find in God. He gives me strength, wisdom, love, food, water, the air I breathe, life itself. From His inexhaustible storehouse I draw everything that is necessary to my physical, mental, and spiritual growth and well-being.

God will never fail me, for I am His offspring, I am His son. In Him I live and move and have my being. He fulfills my every need and desire.

As a tree sinks its roots deep into the rich soil for food and water, I send my roots of prayer deep into the richness of God. Each day my roots of prayer grow deeper and stronger, and I am more firmly established in God. Each day life becomes richer, more beautiful, more purposeful, and I grow in faith, I grow in love, I grow in wisdom, I grow in strength.

Today I live and grow in God.

✿ *In him we live, and move, and have our being; as certain even of your own poets have said, For we are also his offspring.*—ACTS 17:28.

OCTOBER 17

Monday

GOD WORKS IN ME AND THROUGH ME TO ESTABLISH PERFECT ORDER IN MY AFFAIRS.

WHEN there is a great deal of work that needs to be done, it is often difficult to set aside part of each day for prayer and meditation. However, regardless of the demands upon my time, I will not be diverted from my daily contact with God. I will establish myself in the consciousness that God's strength and power work in me to accomplish every task perfectly and in order.

I will avoid the feeling of being driven. I will avoid feeling tense or hurried. I will follow Jesus' example and go apart to pray.

Each day I will go apart awhile and commune with God. In the silence His strength and power, His peace and inspiration pour into my being. I am refreshed and relaxed. I am divinely directed throughout each day.

My time of prayer establishes me in the consciousness that God works in me and through me. I do all things before me joyously and easily. I am poised, serene, unhurried.

✽ *And after he had sent the multitudes away, he went up into a mountain apart to pray.*—MATT. 14:23.

Tuesday

OCTOBER 18

"THIS IS THE DAY WHICH THE LORD HATH MADE." I WILL REJOICE AND BE GLAD IN IT.

TODAY I will lift up my heart to God and expect health and harmony, peace and plenty, wisdom and success. I will rejoice in His good. Today if my duties in the home, in the office, or in any other capacity seem too heavy, I will lift up my heart to God in faith and feel new strength and vitality flowing through me.

Today if others become anxious or tense in some situation, I will lift up my heart to God and become poised in His peace and love. I will rejoice and be glad, for my attitude of peace, poise, and love will have a harmonizing influence on others.

Today if I feel the need of more money, or of some other material good, I will lift up my heart to God and let His ideas fill my mind. I will be inspired with ideas that lead to improved service to others and to new avenues of success and prosperity.

Today my faith is rewarded, for I lift up my thoughts and picture only the good that is desired.

✿ *This is the day which the LORD hath made; we will rejoice and be glad in it.*—PSALMS 118:24 (A.V.).

OCTOBER 19

Wednesday

I HAVE FAITH IN THE HEALING POWER OF
GOD.

IF YOU are praying for the healing of another, the following suggestions will be helpful to you:

The first step in praying for another person is to turn your own thoughts to God, to re-establish your faith in His healing presence and power. A meditation such as, "I am now in the presence of pure Being, and immersed in the Holy Spirit of life, love, and wisdom," is helpful in bringing you into oneness with God. Affirm this until you feel permeated with the presence and power of love and peace, until you feel at one with God, heart, mind, and spirit. Then from this consciousness of oneness with God turn your thoughts to the one you would help and bless. Know that he, too, is in the presence of pure Being and immersed in the life, love, and wisdom of God. Let your consciousness of life flow out to this dear one in waves of love and faith. As you do this, you will know that all is well; you will know that the healing power of God is with him.

• *I will extol thee, O Jehovah; for thou hast raised me up . . . thou hast healed me.*—PSALMS 30:2.

Thursday

OCTOBER 20

"I DROP MY BURDEN AT HIS FEET, AND BEAR
A SONG AWAY."

YOU DO NOT have to bear your burdens alone. There is a Spirit in you that sustains you through every situation, that blesses you and sets you free.

Within you is the Christ Spirit, which says to you:

"Come unto Me with anything that distresses you and place it in My healing care. I will dissolve it in My love and light. I will make all things right.

"Come unto Me with all the situations that have seemed the cause of unrest and place them in My adjusting care. I will breathe sweet harmony and peace into them.

"Come unto Me with your guilt over past mistakes and place it in My forgiving heart. I will wash you clean and set you free.

"Come unto Me with your future plans and place them in My guiding light. I will lead you surely to the heights."

✿ *Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.*
—PSALMS 55:22 (A.V.).

OCTOBER 21

Friday

I AM READY FOR MY GOOD.

IF YOU long for some blessing in your life, think about these words: "If the readiness is there, *it is* acceptable according as *a man* hath, not according as *he* hath not."

Ask yourself honestly, "Is the readiness there?" That is, are you ready to make the effort that is needed to bring forth the blessing you desire; are you ready to accept the blessing when it comes to you? There is no desire of your heart that is beyond your grasp when you are ready for it in consciousness.

Endless waiting, striving, or planning is not involved in becoming ready for our good; the way we become ready is through our inward unity with the source of our being. We achieve this inward unity through communing with the Lord of our being in prayer, in the silence. When we come to the place where we are at one with God in spirit, in heart, and in mind, then we are ready to receive all the good that our minds can envision.

Let us begin, right where we are in understanding, to make ourselves ready for greater blessings.

✱ So there may be *the completion also out of your ability.*—II COR. 8:11.

Saturday

OCTOBER 22

THROUGH JESUS CHRIST I AM FREE.

IF YOU are bound to some habit that is limiting your free and joyous expression, instead of looking back over your past failures, try for just this one day to exercise your spiritual freedom. Affirm, "Through Jesus Christ I am free."

There are power and authority in the name of Jesus Christ. When you ask in the name of the all-powerful Christ for the freedom to live, to triumph, and to have the mastery and dominion that are your divine birthright, His help is given. "And whatsoever ye shall ask in my name, that will I do," is His loving promise to you.

You can accept what Jesus Christ so freely and lovingly offers by realizing who and what you are—a child of God. No matter what has occurred in the past, you are endowed with divine freedom and the will to exercise the freedom that is yours in Christ. When you realize your potential strength, when you realize the power contained in the name of Jesus Christ, you will be able to claim your divine heritage.

✿ *And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son.—JOHN 14:13.*

OCTOBER 23

Sunday

I AM AN AMBASSADOR FOR PEACE.

WE CAN all be ambassadors for peace. Every time we make the effort to live peaceably with our family, friends, and associates, we are extending the cause of peace.

Every time we send out a prayer of peace to the world, every time we pray for world leaders, for their guidance, illumination, and right action, we are ambassadors for peace.

Every time we refuse to be disturbed or alarmed by reports, every time we counteract thoughts of destruction with thoughts of God and His presence and power within us and within the rest of the world, we are ambassadors for peace.

Let us think of ourselves as ambassadors for peace; let us accept the responsibility that this places upon us. Let us take with us a peaceful spirit wherever we go; let us work for the cause of peace in the ordinary affairs of everyday. Let us bring the Spirit of harmony to inharmonious situations. Let us bring the Spirit of light to prejudiced minds. Let us bring the Spirit of truth into all of our affairs.

♣ *We are ambassadors therefore on behalf of Christ.*
—II COR. 5:20.

Monday

OCTOBER 24

I AM UNMOVED BY NEGATIVE DECREES OR OPINIONS, FOR WITHIN ME IS THE ALL-ADJUSTING, PERFECTING PRESENCE OF THE FATHER.

THOUGH the world about me may seem filled with those who predict dire things, my faith remains steadfast, and I say to myself, "None of these things move me." Negative predictions mean nothing to me, for I am attuned to the Spirit of truth within me. "Greater is he that is in you than he that is in the world."

Though outward evidence may seem to justify the pessimism expressed by those around me, I look beyond these deceptive signs to Truth, which is changelessly good and divinely powerful.

When material opinions are discouraging I listen to the "still small voice" within me. It tells me that, in truth, all difficulties can be surmounted and all negation overcome. I hold fast to this assurance despite human voices that would discourage me. I am uplifted and filled with a calm inner knowledge that good, complete and perfect, is being established in everything concerning me.

♣ *Greater is he that is in you than he that is in the world.*—I JOHN 4:4.

OCTOBER 25

Tuesday

THIS DAY I DEDICATE MYSELF AND ALL MY
ACTIVITIES TO THE FATHER.

AT THIS day's beginning I dedicate myself and all that I say and do to the Father. I have complete confidence that throughout the day I will be in my right place, doing and saying that which God would have me say and do.

I am free from any fear that I may act mistakenly or neglect to perform some vital task. Having placed myself completely in the Father's care, I am deeply conscious of being one with His law of divine order.

Thus, I may give my entire attention to the activity at hand, not anxiously wondering if I should leave it and turn to something else. Neither am I tensely aware of the time devoted to each thing I do, for I know that with God's help all will be accomplished on time and in order.

When I devote myself to following the Father's guidance, I find that there is time and to spare for work and for recreation, and I see that all I say and do is part of a harmonious pattern.

This day I dedicate myself to the Father.

✱ *The place whereon thou standest is holy ground.*
—EXOD. 3:5.

Wednesday

OCTOBER 26

I LOOK TO THE CHRIST INDWELLING, AND I
AM LIFTED UP.

YOU GO in the direction of your thought. Your attention is the determining factor in your life. When you look up to the "sun-tipped heights" within you, your mind, body, and spirit follow your upward looking into God's healing light. If you look down into the depths of despair and discouragement, your world seems to follow a downward path.

When your vision rests persistently on the healing Christ in your soul, the cells of your body obediently rush to rearrange themselves into the likeness of the Christ perfection you behold.

When your attention is focused on the harmonizing Christ within you, the situations of your life rearrange themselves into oneness with the harmony toward which you have set your gaze.

When you look upward from the valleys of despair to the Christ within you, your emotions swiftly follow the direction of your thought and are lifted up.

Today look to the Christ indwelling, and you will be lifted up.

✿ *Look unto me, and be ye saved.*—ISA. 45:22.

OCTOBER 27

Thursday

I AM STEADFAST IN FAITH AND PRAYER, AND
MY REWARD IS SURE.

WITH God all things whatsoever are possible! Believe this. Realize the truth that all good things are already prepared for you.

No matter what problems face you—health or prosperity, personal handicaps or habits, happy relations with those about you—continue faithfully in prayer. Do not be impatient; only be faithful.

Pray faithfully, taking time daily to go apart by yourself. Bless and let go of negative or doubting thoughts that seek to crowd into your mind. Meditate on a psalm or the Lord's Prayer or The Prayer of Faith. Relax and let your whole being rest in the wonderful presence of God. Give your burdens over to Him; let them go; be free. Listen for His voice of guidance and of comfort. Give thanks that all is well.

Then go your way, acting on His guidance, full of faith. Know that your problems are already solved in Spirit.

☛ *Then shall thy light break forth as the morning.*
—ISA. 58:8.

Friday

OCTOBER 28

I AM FREE FROM FEAR AND TENSION CONCERNING MY DEAR ONES. I TRUST GOD TO GUIDE THEM IN HIS LOVING WAY.

HOW wonderful it is to know that I can free my dear ones into the care and keeping of God in the realization that His will is now being done in their lives! My loved ones are innately endowed with His wisdom to guide them, His love to sustain and to strengthen them, and His good judgment to lead them into their highest good and happiness.

Just as I claim my own inalienable right of freedom to live my life as God directs, I endeavor to allow other persons to act according to their own will and desire. I recognize that each person has freedom of choice. I am not responsible for the way others conduct their lives, so I let go of fear and tension concerning them. I behold the Christ in them. I have faith in the integrity of God within them; I see them as sons of God.

With perfect love, faith, and trust I release my loved ones into God's care and keeping. I know that He is blessing them now.

♣ *Blessed is the man that maketh Jehovah his trust.*
—PSALMS 40:4.

OCTOBER 29

Saturday

I HAVE THE CAPACITY TO BE LOVING AND UNDERSTANDING, AND I RECEIVE LOVE AND UNDERSTANDING IN RETURN.

VERY OFTEN as a newcomer to a community, to an organization, or to a place of employment, the friendliness and acceptance one longs for seem to be withheld. It is right and natural to want acceptance and a friendly response from others; to want to be part of the group activities and to mingle easily and freely with others.

If I feel insecure and rejected, I need a new evaluation of myself. I need to remember that in God's sight I am worthy of acceptance, love, and approval. I need to remember that God has given me abilities and qualities of heart and mind that will open the way to acceptance and approval.

As I turn to God in prayer, I am lifted out of my feelings of insecurity and rejection. I realize that God loves me and that He will help me to release the gifts He has implanted within me. As I let His Spirit express itself through me, I radiate friendliness, good nature, and kindness to others, and I receive love and understanding in return.

✿ *Give, and it shall be given unto you.*—LUKE 6:38.

Sunday

OCTOBER 30

TODAY I REJOICE IN THE CREATIVE POWER OF
THE WORD OF GOD AND USE THIS POWER IN
MY LIFE.

THE WORD of God is the creative power by which all things whatsoever have been made. It is eternal. It is available for our use. "And God said." This is the miracle of creation!

Today in my own life I prove the power of the word of God. I consider the problems before me. A problem of health? Then deep in the silence of prayer I hold a thought such as this: "The Father and I are one. His life in me manifests wholeness in my body."

A problem of money? "The Father and I are one. His substance fills my every need."

A problem of human relations? "The Father and I are one. His harmony acts through me to solve this problem."

The word of God lives forever. Life is eternal, though it may be ever-changing. And the power of the word is never lessened if we know that its source is God.

*The grass withereth, and the flower falleth:
But the word of the Lord abideth for ever.*

—I PET. 1:24, 25.

OCTOBER 31

Monday

WITH A RELAXED AND OPEN MIND I WELCOME EACH CHANGE THAT GOD'S LAW OF PROGRESS BRINGS TO ME.

BECAUSE I completely trust God's love for me and His law of progress in my life, I am peaceful and relaxed when change occurs in my affairs.

Change is good, and I meet it with an open mind. I can make adjustments easily when my mind is relaxed and trusting. I make myself ready for the good that is coming to me from changed conditions by letting go of old patterns and of all outgrown thoughts and things.

I do not resist change, for I know that it is necessary and that it opens the way for new blessings and new inspiration. I do not want to become crystallized in old thoughts or conditions.

Because I have faith in God's law of progress to take me up and out, I go from the old to the new without hesitation or fear. I welcome each change and accept the blessing of each new condition.

✽ *Wherefore if any man is in Christ, he is a new creature: the old things are passed away; behold, they are become new.*—II COR. 5:17.

A New Record!

Unity is happy to announce a new record of the voices of Charles and Myrtle Fillmore, the founders of Unity. On one side of the new record Myrtle Fillmore quotes and comments on the poem entitled "The Prayer of Faith," and on the other side Charles Fillmore leads us in a blessing including "The Consecration of the Room." This record plays at 78 r.p.m. and is priced at \$1.50.

Help Us by Renewing Early

During the busy Christmas season an unusually large number of subscriptions for the various Unity periodicals will be renewed. And at this same time we also gratefully handle a large number of Christmas orders for books and other literature. Will you help us? Will you send in your advance renewal order now, if your subscription expires at any time in the next few months, so that we can handle it before the rush season? Your renewing now will be appreciated and will enable us to make some other person happy on Christmas morning with a Unity publication. Thank you.

Unity Centers

If you would like to attend a Unity center, consult your phone directory, or write to Unity's Field Department for the location of the Unity center nearest you.

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DIRECTORY OF UNITY BOOKS

(These books are \$1 each unless otherwise stated)

FOR BEGINNERS

A More Wonderful You
Be!
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New Ways to Solve Old Problems
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Adventures of the Seven Spartans
Barky's New Home
Barky and His Friends
Crybaby Kangaroo
Jet's Adventures
Jet and the New Country
Jet's Choice
Teach Me to Pray
Thank You, God

Article of Especial Interest to DAILY WORD Readers

We believe that DAILY WORD readers will be interested in C. H. Mattern's article "Begin Each Day with God," which appears in the October number of *Unity* magazine. This article tells of the true experiences several persons had when they began to start their day with prayer, and starting the day with prayer is a habit with DAILY WORD readers.

One of the persons Mr. Mattern tells about is a young man in college who is desperately afraid he will not pass a coming examination. On the advice of a friend, he prays on the morning of the test that God will be his counselor. As the author says, "During former examinations the student had been so tense and nervous that his thinking was confused. But this day . . . he was aware of a serene confidence. He had a clear understanding of the problems and arrived at their solutions quickly and easily. Five days later, he learned that he had achieved the highest grade in the history of the course."

You will enjoy "Begin Each Day with God," and you will also enjoy the other articles, poems, and special features in *Unity*. A monthly magazine, *Unity* is priced at only \$1 a year.

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A REAL FRIEND TO TEEN-AGERS

A teen-ager recently wrote to the editor of *You* magazine: "I have found *You* to be a real friend. The stories are quite inspiring and interesting. At times when my lessons get hard and boring I just turn to *You*; after reading a few stories I am just fit to solve the hardest problem, even the mathematics. I take *You* to school and my friends enjoy it also."



Teen-agers everywhere like *You* and rely on it as they would rely on a good friend, because *You* is edited especially to be helpful and interesting to them. For instance, the October number includes the story of how a boy learned a new attitude toward his job and thereby made it a new job; an article on how to get the most out of schooldays and make them enjoyable at the same time; a true story about honesty and a pair of shoes; and many more articles along with poems and special features.

If you know a teen-ager who needs the friendship of *You*—and what person young or old doesn't always need another good friend—why not send him or her a subscription for *You* magazine today? *You* comes monthly and is priced at \$1 a year.

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PROSPERITY BANK PLAN

Helps 62 Year Old Woman Find Job

A new Prosperity Bank user writes: "I am sixty-two years old, and I did not know how I was to get work. I told my sister that as soon as I got a job I would send for a Bank. She said why not send for a Bank first. This I did, with a prayer. I received the Bank and the next week was called to work. Surely God is our help in every need."

The Prosperity Bank plan is helping many persons to realize that God is truly their help in every need. Why not try the plan yourself?

Unity School of Christianity, Lee's Summit, Missouri

Here is my order for three DAILY WORD gift subscriptions and a Bank in which to save the \$3 cost of these subscriptions.

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Announcing—

A NEW BOOK BY JAMES DILLET FREEMAN!

Readers of Unity publications have been enjoying the articles and poetry of James Dillet Freeman for many years, and countless persons have requested a book of these writings. Now such a book has been prepared and we are very happy to announce its completion.



The new book is entitled simply "*Be!*" It is a collection of more than forty of Mr. Freeman's most popular poems and prose poems; and it includes such favorites as "*Sea Voice*," "*My Miracle*," "*Homeward*," "*Another Dawn*," "*The Traveler*," "*The Hilltop Heart*," "*I Am There*," and many more.

The typography of Mr. Freeman's book has been especially designed to suit its poetic contents, and the book includes a number of lovely pen-and-ink drawings by artist Ilah Marian Kibbey, whose work appears in *Weekly Unity* magazine regularly.

You will want several copies of this unusual volume to give to friends, and of course you will want one for your own library. Bound in handsome brown Keratol, "*Be!*" is \$1 a copy.

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Song of Sunlight

ELIZABETH LANDEWEER

The sky is domed like delft today,
A deep and wondrous blue,
Come, walk with me the sunlight way,
And God go with us, too!

The road is like a lane of gold
To lure our feet along,
The earth has wonders to unfold,
And every bird his song.

The air is like a sapphire cup,
Wind-polished clean and bright,
The sun draws motes of moisture up
From meadows filled with light.

We have a covenant to keep
Today with wind and wings,
With sunlight sparkling on the deep,
And all on earth that sings.

Come, let us wander fancy free,
And God go with us, too,
The sunlit way of sky and sea,
And all the world like new!



